

BREATHING THROUGH THE NOSE

There are various theories as to the outlet of the lungs, and the various advantages to be derived from breathing through the nose.

1st.—If we breathe through the nose, we will be enabled often to detect the presence of noxious odours in the air we breathe, and be warned of danger in time to prevent its doing us harm. The air is purified by the hairs, which in some degree at least "prove" the ingress of noxious matters with the air we breathe. Dose is strained out, and is not confidently asserted by persons who have tested the matter, that miasmata are prevented from entering the blood by the hairs of the nose. Some persons have lived in malarious districts, slept on the banks of malarious rivers, &c., for years, and yet have escaped all the form of fever which usually followed a residence in the country, who have ascribed their exemption solely to the habit of breathing through the nose.

2nd.—By breathing through the nose, little, if any, air passes into the lungs until it has been in contact with the membranes of the nose, which are supposed to possess so much power of neutralising miasmata and other noxious poisons.

3rd.—The air that we breathe only enters the nose, the air is warmed by contact with the membranes before it reaches the lungs.

Per contra, the habit, so common,

breathing through the mouth has many advantages. It is the way a great volume of air is quickly taken in, inspired with a melancolic or contagious impulse, which we are not disposed to notice, until blood has been poisoned, and serious perhaps fatal disease has been inaugurated, cold air being taken in, in great volume with great rapidity, chills the lungs, where it breathed through the nose, it would be warmed before reaching the lungs.

The habit of breathing through the mouth is caused largely by weakness of the respiratory muscles, and one excellent method of strengthening those muscles is to breathe through the nose. It is certainly as wise a plan as sucking air through a silver tube often recommended. Thus breathe, through the nose, as Nature indicates if you will have good health.

METEORS AND "SHOOTING STARS"

Other, almost all doubters, at some time have admired the graceful curvy descent on the serene sky of an autumnal night, one of those meteors that flash into existence for a moment and then are gone, and we are commonly known as "shooting stars." These bodies are in reality fragments of matter, and are of a solid nature, and their violent expression—coming to us from outer space and travelling at a plane rate of speed—a velocity which has variously estimated, but which would barely suffice to carry one of these bodies from London to Brighton in three or four seconds. Of course this wondrously rapid rate of speed, in comparison with which cannon-ball, even at the commencement of its flight, can scarcely be said to have travelled as soon as yielding to the attraction of our earth, they enter the dense medium of our atmosphere. As the match is kindled by friction on the box, as the iron horse strikes fire from the stones of our street in this case as in every other, an attraction converted into heat, and into heat intense that these bodies become incandescent, and are in most cases entirely broken up and dissipated before they reach the earth. Occasionally, indeed, they are not broken up, but pass on, and then than the case that any possible danger arising

of a moment's consideration. What
come to consider, however, that at ce

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HONGKONG MARKET
 11/11/44

COTTON GOODS.		
American Sheetings	16 lbs	per yard 3.50
American Drills	16 lbs	per yard 3.50
Cotton Yarn, No. 16 & 24	per 100 lbs	11.00 to 10.75
Do "32 & 40	per 100 lbs	11.00 to 10.75
Do "44 & 48	per 100 lbs	11.00 to 10.75
Do "56 & 60	per 100 lbs	11.00 to 10.75
Do "64 & 68	per 100 lbs	11.00 to 10.75
Do "72 & 76	per 100 lbs	11.00 to 10.75
Do "80 & 84	per 100 lbs	11.00 to 10.75
Do "88 & 92	per 100 lbs	11.00 to 10.75
Do "96 & 100	per 100 lbs	11.00 to 10.75
Do "104 & 108	per 100 lbs	11.00 to 10.75
Do "112 & 116	per 100 lbs	11.00 to 10.75
Do "120 & 124	per 100 lbs	11.00 to 10.75
Do "128 & 132	per 100 lbs	11.00 to 10.75
Do "136 & 140	per 100 lbs	11.00 to 10.75
Do "144 & 148	per 100 lbs	11.00 to 10.75
Do "152 & 156	per 100 lbs	11.00 to 10.75
Do "160 & 164	per 100 lbs	11.00 to 10.75
Do "168 & 172	per 100 lbs	11.00 to 10.75
Do "176 & 180	per 100 lbs	11.00 to 10.75
Do "184 & 188	per 100 lbs	11.00 to 10.75
Do "192 & 196	per 100 lbs	11.00 to 10.75
Do "200 & 204	per 100 lbs	11.00 to 10.75
Do "208 & 212	per 100 lbs	11.00 to 10.75
Do "216 & 220	per 100 lbs	11.00 to 10.75
Do "224 & 228	per 100 lbs	11.00 to 10.75
Do "232 & 236	per 100 lbs	11.00 to 10.75
Do "240 & 244	per 100 lbs	11.00 to 10.75
Do "248 & 252	per 100 lbs	11.00 to 10.75
Do "256 & 260	per 100 lbs	11.00 to 10.75
Do "264 & 268	per 100 lbs	11.00 to 10.75
Do "272 & 276	per 100 lbs	11.00 to 10.75
Do "280 & 284	per 100 lbs	11.00 to 10.75
Do "288 & 292	per 100 lbs	11.00 to 10.75
Do "296 & 300	per 100 lbs	11.00 to 10.75
Do "304 & 308	per 100 lbs	11.00 to 10.75
Do "312 & 316	per 100 lbs	11.00 to 10.75
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Do "400 & 404	per 100 lbs	11.00 to 10.75
Do "408 & 412	per 100 lbs	11.00 to 10.75
Do "416 & 420	per 100 lbs	11.00 to 10.75
Do "424 & 428	per 100 lbs	11.00 to 10.75
Do "432 & 436	per 100 lbs	11.00 to 10.75
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Wm. G. G. G.
F. Bristow

<i>Name.</i>	<i>Ship.</i>
Andersson	double sc. frigate
Archibald	steam corvette
Curlew	double sc. gun v.
Denzel	double sc. gun v.
Egeria	double sc. gun v.
Thy	double sc. gun v.
Frolic	double sc. gun v.
Growler	double sc. gun v.
Hart	double sc. gun v.
Himalaya	troopship
Hornet	double sc. gun v.
Kestrel	double sc. gun v.
Lagrange	double sc. gun v.
Lily	gunboat
Albatross	military hospital
Midge	double sc. gun v.
Modeste	steam corvette
Mosquito	gunboat
Marquise	double sc. gun v.
Swinger	double sc. gun v.
Sylvia	double sc. gun v.
Tulip	steam corvette
Thy	double sc. gun v.
Victor Emanuel	receiving ship
Vigilant	dispatch vessel

FORE

Name.	Nation.
Ashmead	Amer. cor.
Atalante	French cor.
Cyclop	German g-
Hertius	German cor.
Loelcholtz	French cor.
Palme	Amer. g-boat
Taatic	Amer. cor.

SHIPPING INFORMATION.	
Vessel.	Captain.
Linaria	

WOOLLEN G

WOODS.	Birds' Nest
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1st quality.....	per pol.	\$5.600
2nd ".....	"	050

8,800	Mussels, Dry Blam small
900	Peas, White

10	1.00	1.25
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1940-1941

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Brit. bk	358	Lane, Crawford & Co
Ger. sch	208	Wm. Pastur & Co

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Brit. bk	780	Kühner & Co
Amer. bk	623	E. Fisher & Co

Name.	Nation.	Tons.	Days.	Captain.	
Athens	Amer. cor.	1000	6	E. O. Matthews	
Avalanche	French cor.	5600		Caillat	
Cyprip	German g.-b.	300		Tou Bonjebo	
Gertha	German cor.	2800	10	Touner	
Indochine	French cor.	2000		Rienauer	
Calce	Amer. g.-boat	306		W. R. Bridgman	
Yacht	Amer. cor.				

SHIPPING IN THE CHINA WATERS.

Vessel.	Captain.	Flag & Rig.	Tons.	Company.	Destination.
				WHAMPOA.	
				STEAMERS	
Lintin		Brit. str.	69	Kwok Ahcheong	

		MANILA.		
		<i>Import on 4th April, 1878.</i>		
America	Ger. sh	1249	Smith, Ball & Co	
Borneo	Fr. br	378	Feble, Habbel & Co	London
Carolina Magnus	Brit. sh	1428	Smith, Ball & Co	New York
Carricks	Brit. bk	991	Kerr & Co	New York
Chimarra	Ger. sh	667	T. Heugmann & Co.	
Comchita	Span. bk	408	E. Deyers	New York
Crutier	Ger. sh	1545	Smith, Ball & Co	New York
Frising Eagle	Amer. sh	1004	Smith, Ball & Co	Falmouth
Helm	Brit. bk	377	Smith, Ball & Co	Liverpool
Hermann	Ger. bk	935	H. Horn & Co	San Francisco
Isles of the South	Brit. sh	831	Smith, Ball & Co	
Keele	Brit. sh	1133	Inchausti & Co	New York
Sir Wm. Wallace	Brit. bk	937	Smith, Ball & Co	Boston
Subloo	Ger. sh	903	J. & B.	
Teresa	Amer. bk	253	J. M. Tasson & Co	
Zobrah	Ger. bk	422	Peep, Habbel & Co	
Willard G. Paton	Amer. bk	518	Orser	

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